

### Library Commission Passes New Valley Branch



During an Apr. 17 meeting members of the S.F. Public Library Commission discussed a purchase and sale agreement proposal that could give Visitacion Valley a new branch library at Leland Avenue and Rutland Street.

Encouraged by a diverse audience of neighborhood residents and community leaders, the San Francisco Library Commission on Apr. 17 passed a purchase and sale agreement by a 5 to 1 vote that could pave the way for a new Visitacion Valley Branch Library to be built on Leland Avenue at Rutland Street. A final approval is still pending by the Board of Supervisors.

The S.F. Library Commission has been under scrutiny in recent years for exceeding its budgets, and when the property at 201 Leland Avenue finally became available this year, they were looking at the proposed purchase with a conservative eye.

Reverses in the economy did nothing to reassure the Commission they might be able to raise an extra \$700,000 more than originally slated for the new Visitacion Valley Branch Library.

Three people in the audience did question the expenditure, but several Visitacion Valley residents in attendance were eloquent in urging the Commission to move immediately and approve purchase of the property. Following an offer of help from the community and an impromptu collection among the audience members of \$67 as a gesture of support, the Library Commission passed the Visitacion Valley Purchase and Sale Agreement.

On Nov. 7, 2000, San Francisco

voters passed Proposition A, *Branch Library Facilities Improvement Bonds, 2000* for general obligation bonds in the amount of \$105,865,000 for the acquisition, renovation and construction of branch libraries and other library facilities. One priority of the Branch Library Facilities Improvement Bonds is to relocate four branch libraries located in rented facilities into facilities owned by the City.

The Visitacion Valley Branch Library presently is housed in a facility rented by the City at 45 Leland Ave. that had been deemed inadequate to meet long term needs of a neighborhood it is intended to serve.

See Page 3

### HUD Grants Available for Homeless and to Promote Development

WASHINGTON — Housing and Urban Development Secretary Mel Martinez on Apr. 21 notified HUD's partners that more than \$2.3 billion is now available to serve homeless persons, produce affordable housing, stimulate economic development and protect children from the dangers of lead poisoning.

The fiscal year 2003 "SuperNOFA" (Notification of Funding Availability) includes 43 separate funding opportunities for local units of government as well as nonprofit faith-based and community organizations.

These funds will complement the more than \$30.2 billion HUD also allocates to communities through block grants, housing choice vouchers and other formula-based funding. This year's funding notice explains the application process that will ultimately award \$1.822 billion in targeted housing and homeless assistance; \$241 million in community development funding; and, \$231 million in economic development (see attached funding chart).

"We hope this year's 'SuperNOFA' gives our partners everything they need to expedite their applications," said Martinez. "We've worked very hard to refine the application process to make it less of a burden so that in the end, we can all more effectively serve those in need."

This year's SuperNOFA will also include everything an applicant needs to prepare their funding request of HUD. For the first time, applicants will no longer be required to seek additional information from the Department that is integral in completing their funding requests. This one-stop approach will greatly expedite and simplify the application process. HUD's FY 2003 SuperNOFA can be found at <http://www.hud.gov/offices/adm/grants/fundsavail.cfm>.

HUD is committed to ensuring that community-based and faith-based organizations have equal access to the Department's funding opportunities. Toward that end, nonprofit applicants will be asked to fill out a short survey that

will help the Department gauge how accessible HUD programs are.

Following the goals set out by President Bush's Management Agenda, this year's application process will place a greater emphasis on measuring performance and demonstrating results. Whether an applicant intends to produce affordable housing, engage in economic

**Make Art! Not Landfill! Reception at Sanitary Fill**

Sanitary Fill Company will hold an art reception titled Casa Dulce (Sweet Home) for local artists Nicole Repack (a.k.a. Jocelyn Superstar) and Isis Rodriguez (a.k.a. Little Miss Attitude) on Friday, May 23 from 5 to 9 p.m. Work they created during their residency will be on display. The reception is free and open to the public in the company's art studio next to 2,800 tons of trash in San Francisco.

During their residency at Sanitary Fill Company, Nicole Repack (a.k.a. Jocelyn Superstar) and Isis Rodriguez (a.k.a. Little Miss Attitude) have reinterpreted Martha Stewart's quality of living by refinishing and decorating discarded furniture. The two artists have created a faux living environment of an American home while addressing home economics. Their work incorporates cartoons and colorful graffiti-like writing into the faux rooms and appeals to kids and adults.

The Artist in Residence Program at Sanitary Fill Company (a subsidiary of Norcal Waste Systems, Inc.) is a unique art and education program that inspires people to conserve natural resources. By providing Bay Area artists with the opportunity to work at the dump, Norcal has developed an innovative program for the benefit of both the environment and the arts. The program's outreach activities target the general public, school children, and the Bay Area arts community.

Since 1990, 38 professional artists have completed residencies making art, not landfill. The program provides accomplished artists with unlimited access to waste materials at the company's 44-acre site, which includes the transfer station,

development activities or conduct lead hazard control, they will be asked to articulate their short-term goals and the long-term impact of their programs within their communities. HUD's application process will require applicants to establish clear goals and create methods for measuring how they are meeting them.

public dump, and several recycling facilities. Last year, over 70 artists applied; they are selected by an advisory board made up of environmentalists, former artists in residence, and educators. Applications are not accepted from artists beyond the Bay Area. Keeping the program for local artists is one way the company supports the Bay Area arts community. During a residency, the artist has 24-hour access to the waste stream, a large, well-equipped studio, and a monthly stipend.

Every three months, the company holds a free public exhibition and reception to show the work from the previous artist. Shows are held in the company's studio, which is adjacent to the transfer station, and now attract a large audience. In the past few years, attendance has skyrocketed from 75 people to 600 per show. Before entering the studio, attendees are faced with 2,800 tons of trash waiting to be hauled to Altamont Landfill. It's an interesting introduction to how much waste is produced in San Francisco and a jolting start to an art show designed to introduce the public to innovative ways of reuse.

After an artist leaves, the company continues to promote the artist and recycling by exhibiting the art in various public spaces, downtown office buildings, lobbies and government offices in San Francisco. Exhibitions often coincide with the implementation of a new recycling collection system in large office buildings. These exhibitions introduce innovative and alternative ways of reusing materials to those who do not normally attend art shows.

### Support Grows for New Law to Improve Traffic Safety Program

The integrity of red light camera safety systems is being called into question by growing public concern that the programs are run by vendors for profit, rather than managed by cities for safety. To address the problem, AAA, which represents nearly nine million members in California, is backing a plan aimed at improving the red light camera system.

State lawmakers began debating the proposed new law in late April.

The Red Light Camera Reform bill (AB 1022) seeks to address flaws in the current program identified by a 2002 report by the California State Auditor. While the report found that red light camera systems reduce accidents, the analysis recommended increased over-

sight and management of red light camera programs.

"Red light cameras save lives," said Bob Brown, Manager of Government Relations for AAA of Northern California, "but the system is still a work in progress and there's plenty of room for improvement."

Red Light Camera Reform would:

- \*Prohibit Questionable Profits: Companies that operate red light camera systems would be barred from charging for services on a per-ticket basis, which undermines public trust and raises the concern that these systems can be manipulated for profit.
- \*Limit Lawsuits: Clarifying who controls red light systems would reduce legal challenges against local governments, who have been sued because current law does not specify what tasks can be delegated to red light camera vendors.

### Game Day Coming to Valley Middle School

Youth and adults from community-based organizations (CBOs) around the Bay Area will come together for a fun day of games and entertainment in a carnival atmosphere known as Game Day 2003 on Saturday, May 10 from 11 a.m. to 4 p.m. at Visitacion Valley Middle School.

Inspired by ideas presented by middle school youth, Game Day 2003 will feature a DJ talent show, dance performances, a step show, an adult Tai Chi performance, a 3-on-3 basketball tournament, and adult basketball and volleyball competition. Also featured will be video games and their creators, carnival games and a barbecue.

Youth under 18 are required to have a permission slip from their CBO to attend. Event sponsors include: the San Francisco College Access Center (SFCAC) and the S.F. Police Department and several local Beacon centers.

Further information is available from Melita Noel, the event coordinator at (415) 202-7944, or Nathaniel Cleveland at 452-4907.

**Real Options for City Kids**

Another Game Day 2003 participant, ROCK (Real Options for City Kids) features programs designed to serve girls and boys ages 7-13 who live or attend school in Visitacion Valley. Having recently relocated its office to 590 Leland Ave., ROCK was founded in September 1994 in response to needs within San Francisco for enhanced public education programs and positive after school activities.

Programs at ROCK are geared to increased learning enrichment, as well as sports and fitness opportunities, while expanding to include summer camp, focused leadership training and outdoor adventure programs.

\*Create Selection Guidelines: Intersections to be equipped with red light cameras would be chosen based on traffic safety considerations, such as accident records, not high traffic volume, which might suggest a financial motive.

\*Establish Ticket Review: Only citations that have been evaluated and approved by law enforcement would be sent to violators, giving final authorization to law enforcement, rather than companies that operate red light camera systems.

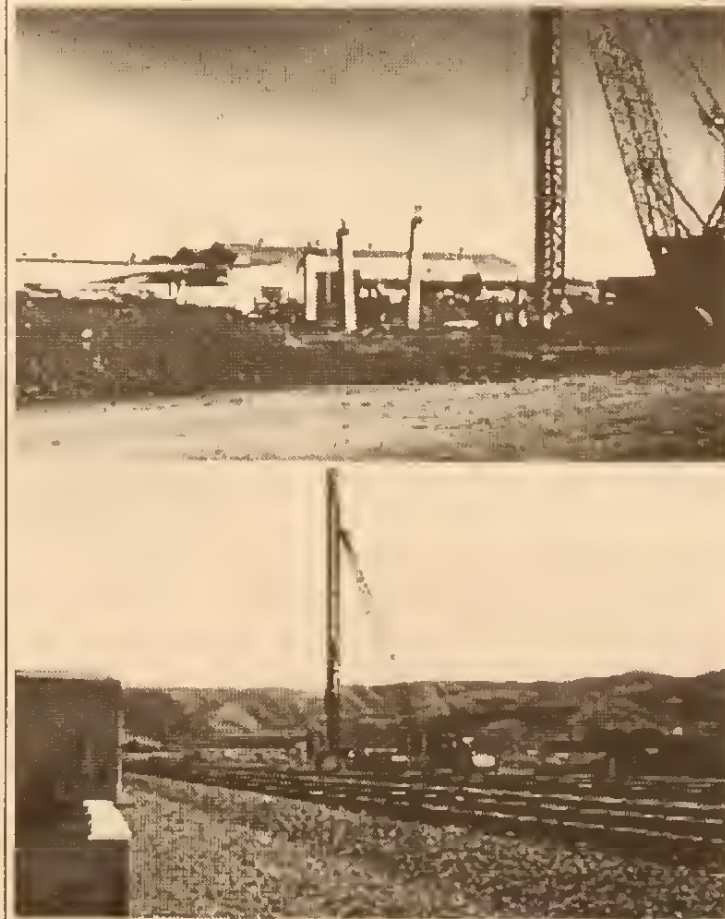
Statistics show how serious the problem has become. The California Highway Patrol reports that in the year 2000, (the most recent statistics available) statewide red light violations led to 25,014 crashes, causing 93 fatalities and 14,868 injuries. Statewide, crashes caused by drivers running red lights decreased an average of 10 percent in areas where cameras are used. Some communities saw the number of intersection accidents drop by as much as 55 percent after a red light camera program was implemented.

In San Diego, after the program was suspended, there was a 30 percent increase in accidents at intersections that were previously monitored by red light cameras.

AB 1022 would preserve the current legal requirement that the driver and the vehicle license plate number would both have to be photographed to issue a citation. This regulation insures the person who actually committed the red light violation is the one who receives the ticket. Some California lawmakers have proposed removing this safeguard of drivers' rights.

"Technology offers the promise of reducing the danger, if it is effectively deployed on our roads," said Brown. "The reform envisioned by AB 1022 will increase driver safety, while protecting motorists who have done nothing wrong from being unfairly ticketed."

### Work Begins on Pedestrian Crossing



Construction was commenced recently on a pedestrian crossing over the railroad tracks near Little Hollywood after CalTrain announced it would be laying two additional tracks south of the tunnel. The new overpass is located at the site of a new CalTrain station to be built just south of the existing Bayshore Station on a straight section of trackage. When construction is completed, pedestrians will no longer be able to walk across the tracks, a safety improvement for CalTrain riders.



## Grapevine Mailbox

### Visitation Valley Needs To Get on Right Track

Dear Editor:

I was born and raised in the Valley and remember Leland Avenue with many service and retail establishments. We had two large corporations that added many people to our neighborhood; Schlage Lock and Southern Pacific. They also lived/worked/shopped in the Valley. But that's years gone by.

In the business directory of your paper you mention a lot of businesses we need to support locally and make Leland Avenue more inviting. Crime is everywhere in the City and the Towers/Sunnydale didn't really keep people away from Leland. Let's not just say it'll take years to reverse, we could do more now! We need to get more police presence on Leland and have the

DPW along with current merchants keeping the street clean. Let's get the people that loiter off the street. We have a renovated park opening and another park at the Greenway on Leland. We need to make Leland more people-friendly so they don't feel threaten to walk.

With gas prices up and people walking and riding bikes more now, we need to add stores that residence need.. Why do we need to go outside our neighborhood to go to Walgreens Subway, Starbucks and other chains? Let's don't be afraid of a "chain," they come in and bring jobs and attract people to shop. With the light rail we need to be more attractive.

Our public library needs to be more accessible to children and adults. We could use the buildings at the old Schlage Lock site. We have the room in the Valley. Let's use it. We can't just let our buildings get trashed and rundown. It brings down the whole neighborhood.

I've attended meetings on the what we need and everyone always seems to agree on two main points. One is *safety* — we need more police presence. And two is *dirty streets* — we need to get after DPW to clean our streets. Then businesses will come.

I just needed to voice my opinion and appreciate a local article in the Grapevine. Keep up the good work.  
Edie Epps - 51 year resident and proud of it!

### Message from a Marine

A good reminder for anyone struggling with the Iraq issue, consider this:

I sat in a movie theater watching "Schindler's List," asked myself, "Why didn't the Jews fight back?" Now I know why.

I sat in a movie theater, watching "Pearl Harbor" and asked myself, "Why weren't we prepared?" Now I know why.

Civilized people cannot fathom, much less predict, the actions of evil people.

On September 11, dozens of capable airplane passengers allowed themselves to be overpowered by a handful of poorly armed terrorists because they did not comprehend the depth of hatred that motivated their captors.

On September 11, thousands of innocent people were murdered because too many Americans naively reject the reality that some nations are dedicated to the dominance of others. Many political pundits, pacifists and media personnel want us to forget the carnage. They say we must focus on the bravery of the rescuers and ignore the cowardice of the killers. They implore us

to understand the motivation of the perpetrators. Major television stations have announced they will assist the healing process by not replaying devastating footage of the planes crashing into the Twin Towers.

I will not be manipulated.

I will not pretend to understand.

I will not forget.

## GRAPEVINE

Published monthly by Visitation Valley Community Center, 50 Raymond Ave., San Francisco, CA 94134  
VVCC Executive Director: Julia A. Kavanagh  
(415) 467-9300, Fax 467-3757 Subscription \$5  
E-mail the Grapevine at: visvalley@earthlink.net  
Internet Site: http://home.earthlink.net/~visvalley  
Editor: Len Appiano, Billing: Florence Pewtherer  
Visitation Valley Grapevine, named by Pat Crocker  
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I will not forget the liberal media who abused freedom of the press to kick our country when it was vulnerable and hurting.

I will not forget that CBS anchor Dan Rather preceded President Bush's address to the nation with the snide remark, "No matter how you feel about him, he is still our president."

I will not forget that ABC TV anchor Peter Jennings questioned President Bush's motives for not returning immediately to Washington, DC and commented, "We're all pretty skeptical and cynical about Washington."

And I will not forget that ABC's Mark Halperin warned if reporters weren't informed of every little detail of this war, they aren't "likely — nor should they be expected — to show deference."

I will not isolate myself from my fellow Americans by pretending an attack on the USS Cole in Yemen was not an attack on the United States of America.

I will not forget the Clinton administration equipped Islamic terrorists and their supporters with the world's most sophisticated telecommunications equipment and encryption technology, thereby compromising America's ability to trace terrorist radio, cell phone, land lines, faxes and modem communications.

I will not be appeased with pointless, quick retaliatory strikes like those perfected by the previous administration.

I will not be comforted by "feel-good, do nothing" regulations like the silly, "Have your bags been under your control?" question at the airport.

I will not be influenced by so called, "antiwar demonstrators" who exploit the right of expression to chant anti-American obscenities.

I will not forget the moral victory handed the North Vietnamese by American war protesters who reviled and spat upon the returning soldiers, airmen, sailors and marines.

I will not be softened by the wishful thinking of pacifists who chose reassurance over reality.

I will embrace the wise words of Prime Minister Tony Blair who told the Labor Party conference, "They have no moral inhibition on the slaughter of the innocent. If they could have murdered not 7,000 but 70,000, does anyone doubt they would have done so and rejoiced in it? There is no compromise possible with such people, no meeting of minds, no point of understanding with such terror. Just a choice: defeat it or be defeated by it. And defeat it we must!"

I will force myself to: hear the weeping; feel the helplessness; imagine the terror; sense the panic; smell the burning flesh; experience the loss; remember the hatred.

I sat in a movie theater, watching "Private Ryan" and asked myself, "Where did they find the courage?" Now I know. We have no choice. Living without liberty is not living.

Ed Evans, MGySgt., USMC (Ret.)

Not as lean. Not as mean,

But still a Marine.

### Students Call for No Fee Increases

Why have students across the state been organizing demonstrations calling for no increase in fees and fair treatment for the community colleges? Their anger is an intelligent reaction to the 2003-04 Governor Davis proposal to increase community college fees from the current level of \$11 per unit to \$24 per unit. He proposes that the \$149 million increased revenue resulting from the fee increase be offset by a loss of \$215 million in funding to the community colleges as a result of the loss of students resulting from the fee increase. In total the governor has proposed a 10.4% decrease in funding for the community colleges in 2003-04 when compared with the approved budget for 2002-03. To community college students all of this translates to a 188 percent increase in fees accompanied by decreased class offerings — they pay more and receive less.

In the past when fee increases have been implemented, the loss of students has averaged a little over 1% for each \$1 increase. Using this yardstick, commu-

### Teaching Children How to Cope in Times of War and Terror

by CA Attorney General Bill Lockyer

Adults may sometimes think that young children do not understand what is happening during times of war and terror. However, new research reveals that exposure to violence by even very young children can cause stressful physiological and mental reactions that can harm their future and even lead to aggressive and violent behavior later in life.

The good news is that, with care and guidance, children can learn the skills to adapt constructively to fears and crises, and develop character traits that will serve them well for the rest of their lives.

Recommendations from the American Psychological Association and the National Association of School Psychologists on how adults can help children cope with fears and handle stressful situations include:

Ask your children what they think is happening, and listen to their answers. They may say they're afraid. You can tell them that fear is all right, but that they must go on with life anyway. Use language that leaves no room for doubt, such as, "I will always take care of you." Spend more time with your children — playing games, reading and holding them close.

Limit the amount of news your children watch during a time of war or a terrorist attack. You don't need to hide what's happening, but neither do your children have to be exposed to constant stories about war or death.

Young children need routines and rituals. In times of fear or crisis, stick to a routine. Ensure that children get plenty of sleep, regular meals and exercise, and if in school, do their homework. Your children will be less able to handle change at home when the world situation is unstable.

nity colleges would expect to lose in the neighborhood of 13% of its students due to the governor's proposal. This equates to a loss in excess of 200,000 students — more students than are enrolled at all of the campuses of the University of California combined. If patterns follow past year experiences, the bulk of this drop in students will be concentrated among those who are low income, Latino, African-American, and older students (who have been hard-hit by the economic recession). These students, in addition, are the least likely to have access to information concerning financial aid and opportunities to have their fees waived.

The legislature needs to reject the governor's budget proposal for a 10.5% cut in community college funding and demand that the community colleges not be cut disproportionately when compared with K-12, the University of California and the California State University Systems.

The legislature should resist efforts to increase fees for attendance at community colleges. Community college education today has the same standing

as high school education did in the past — it is required in virtually all jobs that pay a living wage. A free and accessible community college education benefits all residents of California. A well-educated public increases the economic opportunity for all Californians by bringing industries into the state that require well educated work forces.

The legislature should consider whether it is good public policy to tax students for the benefit of the State General Fund and restrict access to public higher education based on race, age, and economic class. The legislature should also consider whether \$149 million in new revenue (in a state budget of \$100 billion) is worth the human potential lost resulting from the tax on students.

I look forward to a time when there are no fees and the ability to pay is not a determinant of who attends college. Let's bring California back to the time when we led the nation in education and we had the wisdom not to levy a fee on community college students.

Martin Hittelman, President, Community College Council; Senior Vice President, California Federation of Teachers

Take care of yourself. Your children read your face for clues about how to feel. If your face reflects stress and fear, they will pick up on that. Take good care of yourself so you can take care of your children.

Reassure your children that they will be protected. Have an emergency plan for the family and share whatever parts of it you think are appropriate for your children.

Enlist your children's help. Children can do age-appropriate chores, such as setting the table. If your children know that they have a role to play, and that they can help, they will feel more in control and more confident. For older children, making a positive contribution to the community or country helps build confidence and a stronger sense of connection. For example, families in your community with parents deployed may need

babysitting, errands run and other assistance.

Put things in a positive perspective for your children. Your children have not been around long enough to know that things can change and that wars can end. But they may have experienced something frightening that they overcame and you can point out a time when they had courage before, and that they can summon that same courage now.

For additional information, visit [www.helping.apa.org/resilience/war.html](http://www.helping.apa.org/resilience/war.html), or [www.nasponline.org/NEAT/helpingchildrencope.html](http://www.nasponline.org/NEAT/helpingchildrencope.html). For information on the impact of exposure to violence on children, please visit [www.safefromthestart.org](http://www.safefromthestart.org).

Teaching children how to cope and face their fears during times of war or a crisis will create courage, resiliency and character in your children — qualities which will help them for life.

## Visitation Valley Dental Office Albert Kuan, D.D.S.

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## Bike-to-Work Day a Chance to Try a Healthy Commute

by Joshua Hart

If you have ever considered joining the leagues of commuters trading in four wheels for two, and fast passes for U-locks, then get ready for Annual Bike to Work Day on Thursday, May 15. It's the perfect time to consider pulling that dusty old bicycle out of the garage and easing into a more enjoyable commute.

Bicycling in Visitacion Valley is only going to get better, thanks to a dedicated group of residents and planners who are working on updating the Citywide Bike Plan. During the recent public meeting for the Southeast area of San Francisco, the Bicycle Coalition and the City's Department of Parking and Traffic distributed free helmets, and received plenty of feedback from community residents. People voiced a desire to see improvements along Bayshore, and the importance of providing a north-south bike route between downtown and southeastern neighborhoods. Many people, especially families with children, also voiced a desire for improved bicycle access to Candlestick Point.

It's not too late to put your two cents into the planning effort. To fill out a bike plan survey, go to [www.sfbike.org/bikeplan](http://www.sfbike.org/bikeplan).

More and more people are realizing that bike commuting is easier than it looks. Here are some responses to the more common misconceptions about biking:

*Will it take longer to commute by bike?*

"Compared to when I used to drive, hiking is much faster," says Janice Rothstein, a nurse who pedals daily from her San Francisco home in the Inner Sunset to a health clinic across town in the Mission District. "You can avoid a lot of roadblocks and congestion on a bike that you can't in a car. And the time it took me to park the car... now it's a cinch. I pull right up to my workplace and hitch my bike to the rack, and I'm in the door."

"I think there is a genuine amount of freedom knowing how long it will take me to get to work – 15 minutes, or 7 minutes to get home," says Emily Drennan, who lives in the Inner Mission and rides to her job in the Castro. You really can't describe the satisfaction that comes from flying past cars when they're stuck in traffic."

*Am I fit enough to bike? What about the hills?*

"Look at me: I'm 70 and still doing it," says Mary Allen, a retired city college instructor. Yes, Allen rides up



Many people find bike commuting is an easy way to get around San Francisco.

the Twin Peaks hill at least twice a week! "I'm so used to it I don't even think about it. You just put one foot in front of the other and do it."

And if you can't avoid the hills along your route, you can at least avoid riding up them. "I walk my bike up the hill. It fits too steep," says Laurie Stoerkel, who often rides in the Presidio for her job with the Golden Gate National Parks Association. "I figure maybe some days I get farther up than others, depending on my energy level." Stoerkel started bike commuting four years ago on Bike to Work Day.

Or you might be able to avoid hills by hopping on a bus, train, or ferry with your bike. While access is not totally unlimited, you can bring bikes on most Caltrain and BART trains, and now that most Muni buses have front racks installed, on city buses as well. Unfortunately, cable cars have yet to accommodate bicycles, despite protests from Nob Hill residents.

*I'm a little nervous about biking in traffic. Isn't it terribly dangerous?*

The biggest mistake that beginning bicyclists make is to think of themselves as pedestrians, not vehicles. Bicycling in the city is far more like driving a car or a motorcycle than walking. As long as you ride predictably, signal your intentions to other road users, and stay at least 4 feet from parked cars (to avoid opening doors) you'll be fine. Bicyclists, like all other vehicles, have the right to "take the lane" when it is too narrow to share.

"Bicycling is a lot safer than it looks," says Amanda Eaken who commutes to Union Square from the North of Panhandle neighborhood. On a bike, you are more aware of your surroundings, including other users of the road.

With increased visibility, I actually feel safer on my bike than I do driving a car."

Statistics show that on average, regular bicyclists live longer than regular car drivers, primarily due to the health benefits of habitual exercise.

If you feel like you need more instruction on bicycling safely, check out the SFBC's web page devoted to safe urban cycling at [http://www.sfbike.org/hiking\\_resources/urban\\_cycling/](http://www.sfbike.org/hiking_resources/urban_cycling/).

*How do I keep my work clothes presentable while biking?*

As dress code restrictions loosen, more and more people can wear their work clothes while biking. Or you can follow Stephanie Altling-Mees' example of wearing shorts or sweat pants while riding, then changing at work. Altling-Mees, who rides from the Sunset to an environmental organization in downtown San Francisco, carries her clothes in her bike bag, or pannier. "I've gotten to the point where I can *schlep* a lot back and forth in that pannier," she says.

*Why bike to work?*

Everyone interviewed for this article agreed: biking is faster, more convenient, and more fun for them than any other commute option. If you know someone who already bikes to work, ask him or her for some help on Bike to Work Day picking out good routes. And take advantage of some of the Bike to Work Month activities throughout the city, including urban riding skills workshops, free tune-ups for your bike, and of course, free coffee, snacks, and goodies at Energizer Stations scattered throughout San Francisco on Bike to Work Day. For more information on Bike to Work Day, see the SF Bike Coalition's web site at [www.sfbike.org/btwd](http://www.sfbike.org/btwd).

## Study Finds Eye Drops Delay Onset of Glaucoma

A new study from the National Eye Institute (NEI) shows for the first time that the same prescription eye drops now used to treat glaucoma can help delay the onset or possibly prevent glaucoma in people diagnosed with elevated eye pressure. Glaucoma is the second leading cause of blindness in the U.S.

The five-year study divided 1,636 people with elevated eye pressure into two groups: half who received glaucoma medication and half who did not. Researchers found that the development of open-angle glaucoma was reduced by more than 50 percent in patients treated with pressure-lowering medication compared to those not treated. The study also found that those in the treated group had their eye pressure reduced by about 20 percent.

It is estimated that between three and six million people in the U.S. have elevated eye pressure and are at increased risk for developing primary open-angle glaucoma—the most common form of the disease.

Elevated eye pressure occurs when fluid in the eye does not drain properly. The resulting elevated pressure can damage the optic nerve and prompt a

diagnosis of glaucoma. Over time this damage can result in a loss of side or peripheral vision. Vision loss caused by glaucoma cannot be regained. If left untreated, blindness can result. Eye doctors seek to identify patients with elevated pressure early to determine whether treatment with glaucoma medication is appropriate.

Glaucoma generally has no symptoms, but early detection can usually control the disease and prevent serious vision loss. A number of risk factors were found to be associated with the development of glaucoma in study participants. These included personal risk factors, such as older age and African descent, as well as higher eye pressure, optic nerve characteristics and thinness of the cornea.

According to the Glaucoma Research Foundation, glaucoma is the leading cause of blindness among African-Americans. The NEI recommends that people over the age of 60 and African-Americans over the age of 40 get comprehensive eye exams. For more information about the NEI study, visit [www.nei.nih.gov/glaucomaeyedrops](http://www.nei.nih.gov/glaucomaeyedrops). Additional information about glaucoma or other eye diseases can also be found at [www.myhealthyeeyes.com](http://www.myhealthyeeyes.com). **NAPS**

## Revealing Facts About the History of the X-Ray

A closer look at X-ray technology may reveal some surprising facts.

The technology was discovered on Nov. 8, 1895 when Wilhelm Roentgen was experimenting with light phenomena. The first X-ray photograph was taken by Roentgen of his wife's hand. He named the invention X-radiation, the X standing for unknown.

When Roentgen won the first Nobel Prize in physics in 1901, Siemens (then known as Reiniger Gebbert & Schall) introduced the first industrially manufactured X-ray tubes for medical diagnostics.

In 1900, the American Roentgen Ray Society was formed to help move the profession forward at an unprecedented rate. By 1905, many hospitals had X-ray rooms with designated physicians or technicians on staff.

The practice of radiology was strengthened in the 1960s, with the invention of Magnetic Resonance Imaging (MRI). By the early 1980s, MRIs were used to visualize abnormalities in the brain and spine. The mid-80s saw Computer Tomography establish itself as an important diagnostic tool and the advent of the PET/CT scanner in the late 1990s gave

radiologists a nearly unencumbered view of the body. The scanner integrated PET and CT technologies into a single device.

In 1999, the FDA approved the first digital flat-panel X-ray detector system, which married digital and X-ray technology. Besides ensuring visual sharpness, this system helps streamline workflow in already overburdened radiology facilities.

Recently, the FDA cleared a fully automated digital radiography system, which allows for thoracic and extremity scans, as well as emergency, trauma and pediatric applications.

The new product from Siemens Medical Systems called the Axiom Aristos FX is equipped with organ specific programs. A high-efficiency, solid state detector provides high levels of image quality with reduced radiation noise. The system's design allows virtually all radiographic exams to be done in one room, again increasing efficiency in radiology centers.

The field of X-ray technology has made great strides in little more than a decade and the technology is expected to become even more ingrained in the everyday reality of modern medicine. **NAPS**

## Library Commission Passes New Valley Branch

From Page 1

In Visitacion Valley, the S.F. Public Library had been planning for a 7,200 square foot branch which would require a site of at least 8,000 square feet. The community has been served by smaller leased facilities for many years, but neighborhood growth is now anticipated as the Third Street Light Rail is built down Bayshore Boulevard and the Schlage Lock site has possibilities for redevelopment.

City Real Estate and the Library had identified eight preliminary sites which were presented to the community at a meeting in April 2001, with community consensus originally giving serious consideration to three – a laundry at 75-83 Leland Ave.; an auto repair shop at 2500-2510 Bayshore Boulevard; and the Super Fair Market at 201-231 Leland Ave. – which were presented to the Library Commission for consideration that June.

Community members strongly favored the Super Fair Market site because they wanted the branch to be located somewhere on Leland Avenue and the Super Fair Market site, at 16,637 square feet, is a large site with ample room for future expansion if needed.

Incorporation of a branch library into the future redevelopment of the Schlage Lock area was not seen as a viable alternative due to an extended time period anticipated to complete the required City planning activities and the proposed improvements.

The Library had programmed \$1,350,000 for site costs based on an 8,000 square foot site at about \$168 per square foot. The proposed site is 16,637 square feet with a purchase price of \$2,200,000, at about \$132 per square foot. Four people currently own

the Super Fair Market, located at the southwest corner of Leland Avenue and Rutland Street.

Closing and demolition costs are being reduced by \$134,000 and soft costs and construction costs are being held at the estimated level of \$3,020,500. Estimated total project costs are \$5,960,500, or \$716,000 over the initial estimated cost.

The bond program has the funds available to make the purchase, but the site purchase would impact the program, requiring a reconsideration of the strategy for use of relocation and moving funds.

## Satellites Offer a New Perspective on Climate

Thanks to an eye in the sky, there may soon be a clearer picture of weather on Earth.

Driven by precise new satellite measurements and sophisticated computer models, a team of NASA researchers is now routinely producing the first global maps of fine aerosols that distinguish plumes of human-produced particulate pollution from natural aerosols.

The researchers are working to measure more precisely the role human aerosol pollution plays in Earth's weather and climate systems.

Aerosols are tiny solid or liquid particles suspended in the atmosphere. "These particles are important because, depending upon the type of particles produced, human pollution can either have a warming or cooling influence on climate, and they can either increase or decrease regional rainfall," said Yoram Kaufman, atmospheric scientist at NASA's Goddard Space Flight Center, Greenbelt, Md. **NAPS**

## Some Important Tips to Help Children Breathe Easier at Home

Kids—when they're not playing outside, they're playing inside, escaping the allergens associated with the great outdoors. But are they really escaping?

According to the United States Environmental Protection Agency (EPA), the air we breathe inside our homes may be two-to-five times to as much as 100 times more polluted than the air outdoors.

Here are some tips on helping your kids breathe easier at home, provided by the American Lung Association Health House program:

\*Prohibit smoking indoors, especially when there are children in the home.

\*Wash your children's bedding (such as sheets, bedcovers and blankets) once a week in hot water.

\*Buy washable, stuffed toys for your children. Wash them often in hot water, dry them thoroughly and be sure to keep them off beds.

\*If your children are allergic to dust

mites, cover their mattresses and pillows in dust-proof (allergen-impermeable) zippered covers.

\*Groom pets often and minimize their access to your children's bedrooms.

\*Maintain low indoor humidity, ideally between 35 to 55 percent relative humidity. Humidity levels can be measured by hygrometers, which are available at local hardware stores.

\*Use a high efficiency furnace filter, such as a Filtrete ultra allergen reduction filter from 3M. Filtrete filters contain electrostatically charged fibers that capture up to 30 times more allergens and other pollutants than the typical fiberglass filter.

\*Use exhaust fans or open windows in kitchens when cooking or running the dishwasher, and in bathrooms when your children are bathing.

\*Common household cleaning agents, personal care products, pesticides, paints, hobby products and solvents may

be sources of hundreds of potentially harmful chemicals. Check labels and choose the least toxic product. Follow the directions for use and ventilation.

\*Test your home for radon, an invisible gas that can cause lung cancer. Test kits are simple to use and may be available at your hardware store. If radon is found, your home can be fitted with ventilation that removes it.

As part of an ongoing educational partnership to raise awareness about indoor air quality issues, 3M and the American Lung Association Health House program are offering a tips booklet entitled Breathe Easier: Kids.

For a free copy of the booklet, call 1-800-388-3458 or send an e-mail with your name and mailing address to [3mfiltrete@3mservice.montagenet.com](mailto:3mfiltrete@3mservice.montagenet.com). **NAPS**

## Free Health Classes At St. Luke's Hospital

St. Luke's Hospital at 3555 Cesar Chavez St. is sponsoring the following free community health classes in May. Pre-registration is required for all classes by calling (415) 641-6465.

\*May 10: *The Aging Eye*: How does the aging process affect vision? Learn about new advances in prevention and treatment of: glaucoma, cataracts, macular degeneration, and diabetic retinopathy from 10:30 a.m. to 12 noon in the Griffin Room.

\*May 17: *Long-Term Care*: What exactly is long-term care? An insurance professional will discuss the importance of long-term care coverage which is intended to help individuals live their lives with dignity and independence at 10 a.m. (11 a.m. Spanish) in the Solarium Room.

colorful tissue and ribbon doll on a wand to carry for Carnival.

\*May 31: *Star Finders*: Make a rotating star finder to identify the stars any night of the year.

Other regular Saturday activities include:

\*Morning Family Ceramics from 10 to 11:30 a.m. (\$4-10 sliding scale)

\*Meet the Animals from 11:15 a.m. to 12 noon.

\*Animal Feeding at 12 noon.

\*Golden Gate Model Railroad Club Exhibit from 11 a.m. to 4 p.m.

Randall Museum will host its annual Bug Day on May 17 from 10 a.m. to 3 p.m.

## Saturdays are Special at the Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). All ages are welcome; under 8 must be accompanied by an adult. Museum admission is free with \$3 per person workshop fee. Call 554-9600 for further information.

\*May 3: *Kitchen Composters*: Meet decomposing friends in the worm lab and learn how to start your own kitchen compost.

\*May 10: *Mother's Day Cards*: Design and decorate a uniquely different card!

\*May 24: *Carnival Dolls*: Create a



## Book Reviews

### Stuff Happens and Then You Fix It!

As good as life is, it shovels some dirt on you every now and then. Stuff happens.

There's not much you can do to prevent stuff from happening but there is a lot you can do about how you respond to what happens. An upbeat blueprint may be found in a new book, *Stuff Happens* (and then you fix it!) by John Alston and Lloyd Thaxton (John Wiley & Sons, \$19.95 hardcover).

The book is a helpful guide on how to deal with life's rough spots and turn them into positive, personal growth opportunities.

The authors' no-nonsense, humorous style takes the sting out of self-improvement and gently simplifies the "reality check" process people must make to change their lives for the better.

"Reality Rule #3-Knowledge is Power: Some get it, some don't. Some will, some won't. Those that do, do. Those that don't, don't," Alston says.

To help those that don't, the authors provide nine reality rules that help deal with many of life's problems: job loss, career choice, divorce and failure.

"Applying these principles to your life can positively change your life," says Alston, an internationally known author, speaker and performance strategist.

No matter how good life is, there are always going to be curveballs (Reality Rule #4-Be Prepared: Some Stuff will happen for sure. Sometimes it's to remind you of what you take for granted).

"Stuff happening is the result of living, and if a person is prepared for the bad stuff as well as for the good stuff, then they will be able to handle whatever is thrown at them," said Thaxton, who has written and produced over 200 segments for *The Today Show*.

Alston and Thaxton explain that being ready means having knowledge, keeping an open mind, maintaining a good attitude and being thankful for the life a person already has.

When life gets people down they must remember that the alternative to stuff happening is nothing happening, say the authors.

All the little stuff that happens helps people grow.

To show how adversity can transform a life, the book also includes inspirational stories of people who have weathered bad stuff and used these principles to make a new and better life.

"Throughout life, stuff happens-some good, some bad. When the bad hits you, read this book," says producer and former American Bandstand host Dick Clark. "It can help you bounce back and feel like dancing again."

### Freeing Yourself from The Daily Commute

Every day is casual day for the 60 million people who bypass the traditional modes of transportation and walk to work in their slippers. At the kitchen table, in the basement, or in the spare bedroom, the home office has become the new American dream.

In the new book *The 60-Second Commute: A Guide To Your 24/7 Home Office Life* (Financial Times Prentice Hall, \$19.95) authors Erica Orloff and Kathy Levinson, Ph.D., share their wealth of experience in managing successful home-based businesses. This thorough guide covers a full range of topics, from time management and getting organized, to filing taxes, projecting professionalism, and addressing legal concerns and issues.

### Triumph Over Tragedy

Kathy Buckley's life may seem like nothing to laugh about-and yet that's exactly what she would like you to do.

In her new book, *If You Could See What I Hear* (Plume, \$14), she describes her triumph over tragedy through laughter.

Buckley's troubles started in school where her teachers assumed she was mentally retarded, when in fact she had a hearing loss.

She was molested, run over by a jeep and stricken with cancer all before the age of 30. Rather than be consumed by grief, she sought the light of laughter.

Buckley not only survived, she went on to become a top female comic, an award-winning author, star of a one-woman show and a beloved motivational

speaker.

In *If You Could Hear What I See*, Buckley reveals a gift that gave her the power to meet the extraordinary challenges of her life with dignity, courage and laughter.

### A Credit Handbook

For those who want to give credit where credit is due, a new book may prove to be a worthwhile investment.

*The Ultimate Credit Handbook* by Gerri Detweiler (Plume, \$15), is rich in tools readers can use to maximize their personal credit.

The book shows readers how to:

\*Improve their credit rating and maintain it

\*Consolidate debts and save a bundle on interest

\*Correct credit bureau errors

\*Turn a credit rejection into an acceptance

\*Survive financial catastrophes and rebuild credit

By learning what their rights are, readers may be better equipped to battle credit card fraud, bank foul-ups and merchandising rip-offs. The book also suggests easy ways to cut spending and get out of debt. The practical personal credit guide can be an invaluable addition to a financial library. *AAW*

### Gas Prices Remain High, Down from Record Levels

After suffering through a month marked by record high gas prices, some Northern California motorists are finally experiencing some mild relief at the pump, but prices nearly everywhere remain above \$2 per gallon, according to a recent survey by AAA of Northern California.

"Gas prices throughout California hit record highs around mid-to-late March," said AAA of Northern California spokeswoman Jenny Mack. "Since then we've started to see prices begin to creep back down."

On a month to month comparison, Northern California's average price of \$2.10 remains unchanged from AAA's last survey on Mar. 11. However, since hitting a record high of \$2.18 per gallon on Mar. 21, California's average has fallen 6 cents to \$2.12 per gallon for regular, unleaded. A similar, slow decline beginning in late March and early April has occurred in nearly all Northern Californian cities. The average price for a gallon of regular, unleaded in the Bay Area is \$2.14. In San Francisco, motorists continue to pump some of the most expensive gasoline in the country, paying an average \$2.24 per gallon. Both of those averages remain unchanged since the last AAA survey. However, prices in San Francisco have dropped 4 cents since hitting a record high of \$2.28 on Mar. 19.

Nationally, prices are down 10 cents since the last AAA survey, and are now averaging \$1.60 per gallon. At \$2.12, California continues to have the highest average price in the country and the only state besides Hawaii with an average above \$2 a gallon.

"On a month to month comparison, prices throughout Northern California are really a mixed bag with some cities experiencing price declines, and others, significant hikes," said Mack. "The overall trend, however, is that prices are coming down after hitting a peak in late March."

The recent modest price declines are

largely due to a significant drop in the price of crude oil. Since hitting nearly \$40 a barrel in late February, crude oil is now around \$28 a barrel. Increased production at California's refineries is also improving the price outlook by boosting available gasoline supplies.

"AAA believes gas prices will likely continue to drop in the short term," said Mack. "However, the long term outlook for the summer driving season remains uncertain."

According to the April survey, the average price for all of the 25 major Northern California cities tracked by AAA remains at or above \$2 a gallon. Redding residents are pumping the cheapest gas, at an even \$2 for a gallon of regular unleaded. South Lake Tahoe motorists experienced the biggest drop in prices. Gas in that area is down 9 cents since last month's survey.

### Ten Tips to Save on Gas

Americans may be victims of the spiraling gasoline prices, but they are not powerless in controlling their fuel costs.

"There's a wide range of fuel-saving tactics that can help drivers get more miles from a tank of gas," according to Joel Burrows, better known as "The Car Doctor" from Precision Tune Auto Car, the nation's largest franchiser of car care centers. "If motorists adjust their driving habits and observe some simple car care techniques, they could make a significant impact on how much fuel they waste."

To drive this point home, *The Car Doctor* provides the following ten tips:

1. Keep tires properly inflated (recommended air pressure is posted on the driver's door or in the glove compartment). Under inflated tires cause drag, over inflation causes improper tire to road contact. Both conditions will result in abnormal wear.

2. Plan your day. Limit trips by running all errands at the same time or on your way to or from work.

3. Have a certified technician perform an engine and emissions analysis to ensure that the engine is running at maximum efficiency.

4. Avoid making quick starts or stops. To avoid jamming on brakes, stay a good distance from the car in front of you. When possible, slow down simply by taking your foot off the gas.

5. Maintain steady speeds; use cruise control on the open road.

6. Do not use your air conditioner when driving in the city if you are in a warm climate. Do use your air conditioner on the open road rather than keeping windows open. (Open windows create wind drag, straining the engine).

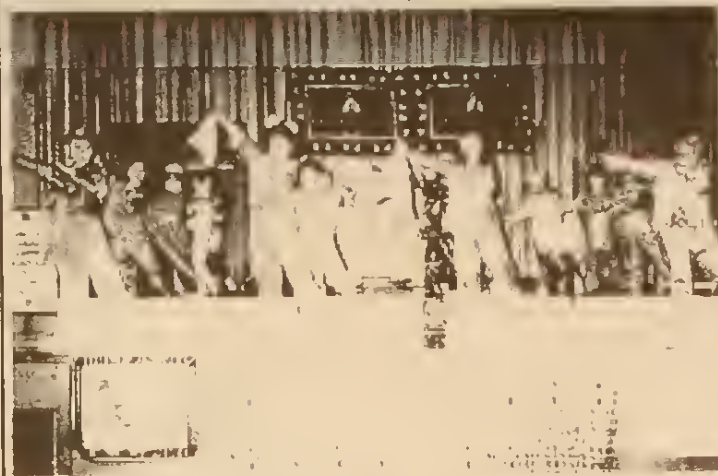
7. Use proper octane fuel. Higher-octane gas, which produces less energy, not only costs more, it also yields lower miles per gallon.

8. Don't let the engine idle more than a minute or two. This is extremely important on cold morning start-ups.

9. Today's vehicles run on a fine film of fluids. Make sure you service all fluids on a regular basis and in accordance with the manufacturers' recommendations. Engine oil level should be checked at every fill-up.

10. Use over-drive gear for highway driving.

## Recent Happenings at VVES



During a Lunar New Year assembly at Visitation Valley Elementary School (VVES), Ms. Dare's Chinese bilingual Kindergarten class performed a traditional dance.



After intense competition, spelling bee champions at VVES included Jennifer Luong, the school champion who went on to compete citywide; Amy Chen (4th-132); Tony Zeng (3rd-209); and Michelle Feng (2nd-201).

## Beautifying "Little Vis"



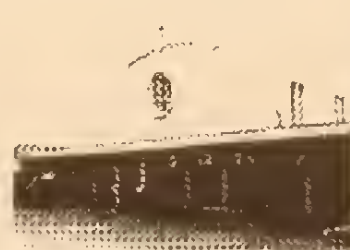
Many parents, teachers and students came to school on a recent Saturday to help beautify Visitation Valley Elementary School (VVES) by sweeping, repainting game lines in the playgrounds, and picking up trash around the campus. Thanks are extended to DPW for brooms and brushes.



Another service learning project by MS/M! Under the guidance of artist Josef Norris, Ms. Marshall's second graders and Mr. Machado's 4th graders at VVES designed a multi-cultural mural of mosaics, their second annual artistic work for the school.

## Church of the Visitation

Roman Catholic (1907)



### 95 Years in Visitation Valley

Sunday Masses  
8 & 9:30 a.m. (11 a.m. Spanish)  
12:30 & 5 p.m.

Our Lady of Visitation School  
Grades K-8  
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Religious Education: Grades K-8 (Saturday only) 239-6723

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(415) 239-5950

Rev. Zachary J. Shore, Pastor

## FREE CERAMICS CLASS

For everyone 18 and older at  
Visitation Valley Community Center,  
66 Raymond Avenue  
Tuesdays from 9 a.m. to 4 p.m.

*Very therapeutic and fun. You do not need to stay the entire day...come for as long as you like.  
We have a wonderful teacher to assist you.*

For more information, call Pat at the  
VCC Senior Program: (415) 467-4499





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**(415) 330-0736**  
Fax (415) 330-9813

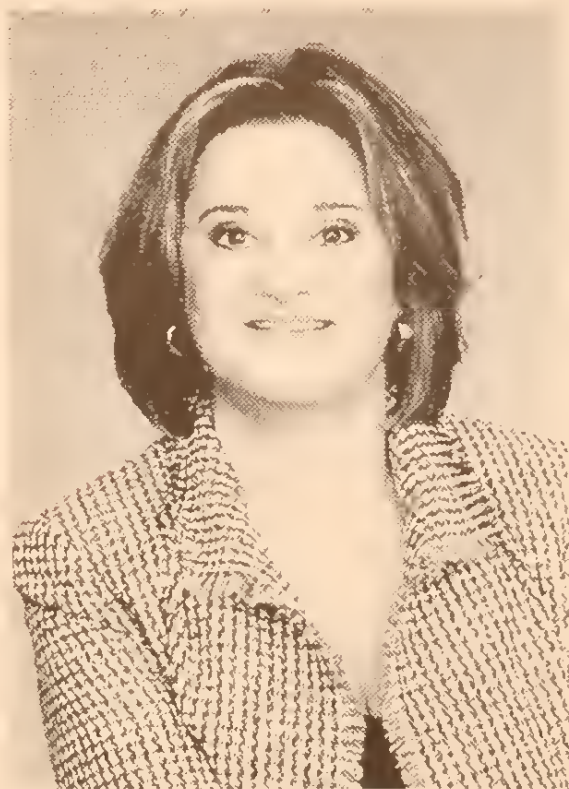
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6 pcs. Red Snapper, 6 pcs. Oysters  
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**Grapevine Puzzler Rock Hall of Fame Pt. 2**

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N E E L A D N E R B B M C S S A A R W E A G

Aretha Franklin	Jackson Five	Led Zeppelin	Martha and the Vandellas
Marvin Gaye	Michael Jackson	Brenda Lee	Curtis Mayfield
Al Green	Etta James	John Lennon	Paul McCartney
Bill Haley and His Comets	Jefferson Airplane	Jerry Lee Lewis	Clyde McPhatter
Isaac Hayes	Billy Joel	Little Richard	Joni Mitchell
Jimi Hendrix	Elton John	Lovin'	Moonglows
Buddy Holly	Little Willie John	Spoonful	Van Morrison
Johnny Lee	Janis Joplin	Frankie Lymon and the Teenagers	Ricky Nelson
Hooker	B.B. King	Mamas	Roy Orbison
Impressions	Kinks	and the Papas	Parliament/Funkadelic
Isley Brothers	Gladys Knight and the Pips	Bob Marley	Carl Perkins

### Historic Proportions

- Match clues to answers
- 1927
1. First successful test of this on Apr. 7.
  2. On May 26, U.S. government decided to cut size of this by one-third.
  3. First talkie movie on Oct. 6.
  4. He landed in Paris on May 21 after solo non-stop flight from New York.
  5. Tornado pounded city on Sept. 30.
  6. Five-year-old becomes Rumanian king on July 20.
  7. Black Friday economic collapse here on May 13.
  8. New capital of Australia on May 9.
  9. He set three swimming records on Apr. 5.
  10. World Series champs on Oct. 8.
  11. He set U.S. balloon record set on Mar. 23.
  12. New car went on display on Dec. 2.
  13. Opened near Hayward on Jan. 15.
  14. Earthquake killed 1,700 here on Mar. 8.
  15. Opened to traffic on Nov. 12 in New York.

### Five Years Ago In the Grapevine

**MAY 1998**

\*Geneva Towers, the two 20-story buildings located at the corner of Schwerin Street and Sunnydale Avenue were scheduled for demolition by implosion on Saturday, May 16.

\*The first annual Neighborhood Day was scheduled for May 16 at Visitacion Valley Elementary School, with basketball tournaments also taking place at the Village Recreation Center and Kellogg Velasco Park.

\*A national safety review panel of the American Public Transit Association gave Muni a favorable rating

### Sump, the Grump



### Did You Know?

\*A program operated by AmeriDream, Inc., has helped approximately 100,000 families become homeowners, many of them for the first time and more than one-third are minority homebuyers. The program is available in 49 states to qualifying homebuyers interested in purchasing a single family home priced to the FHA limit of \$300,000.

\*Thanks to improving cooperation between original equipment manufacturers (OEMs) and their suppliers, vehicles that anticipate accidents and adjust accordingly, providing additional protection for passengers and drivers, may not be that far away. This will be possible when the infomnal networks between sub-systems installed in today's vehicles are replaced by systemic networking, say experts at Continental AG.

\*Termites can enter buildings through cracks or expansion joints, foam insulation below ground, hollow bricks or concrete blocks or spaces around plumbing. Signs of possible infestation include pencil-sized mud tubes running across bare concrete or masonry between the soil and any wooden part of the building; thin, small papery wings; thin, bubbled or distorted areas of paint on wooden surfaces; any wooden building parts that begin to sag unexpectedly. There are preventive measures you can take. For more information, visit [www.pestworld.org](http://www.pestworld.org).

\*More than 16 million American children live with only one parent, and that number has doubled since 1970. In fact, 61 percent of all children will spend all or part of their formative years in a single parent household. Parents Without Partners is an international, non-profit, educational organization devoted to the interests of single parents and their children.

\*The right choice for your roof can keep you from hitting the ceiling when you see your heating and home-repair bills. The most widely used roofing material in North America, topping four out of five homes, is asphalt. Over 12.5 billion square feet of asphalt shingles-enough to cover more than five million homes-are manufactured annually. Asphalt shingles offer consumers the broadest array of colors, shapes and textures available, and can affordably match almost every type of architectural design and achieve virtually any desired effect. For more information on the benefits of asphalt, go to [www.asphaltroofing.org](http://www.asphaltroofing.org).

\*When buying diamonds, experts at the Jewelry Information Center recommend that you scrutinize the 4C's. These are cut, color, clarity, and carat weight. Cut is arguably the most important, because a skillful cut is what unleashes the fire and brilliance in a diamond. With regard to color, grading begins at D, the deeper into the alphabet one goes, the poorer the color. Clarity refers to the presence or lack of imperfections called inclusions. For the latest jewelry trends, gift ideas, and a list of professional jewelers in your area, visit the JIC's Web site at [www.jewelryinfo.org](http://www.jewelryinfo.org).

\*While initially expensive, Energy Star compact fluorescent bulbs quickly pay for themselves in reduced energy costs. You can save \$25 or more per bulb over the course of the bulb's lifetime. When you see the ENERGY STAR on a product, you can trust that it meets strict energy efficiency guidelines set by the EPA and U.S. Department of Energy. For more information on making a difference with Energy Star, visit [www.energystar.gov](http://www.energystar.gov) or call 1-888-STAR-YES (1-888-782-7987).

\*While cleaning can reduce and may even temporarily rid ordinary untreated surfaces of microbes, the effect is short-lived and does not prevent remaining or redeposited bacteria and mold from reproducing on the surface over a short time-between washes and uses. Microban® antimicrobial protection is built in during the manufacturing process so it provides continuous antimicrobial protection that lasts the life of the product. You can find Microban antimicrobial protection in various products throughout the home, including tubs, showers, whirlpools, sinks, flooring, caulk, grout, humidifiers, air purifiers, air filters, paint, flooring adhesives, wallcoverings and more. For more information, see [www.microban.com](http://www.microban.com).

\*New technologies may help drive down oil and gasoline costs in the U.S. Research is currently being done on hybrid motors that make vehicles burn gas more efficiently, as well as on new types of materials that make oil-heated houses less expensive to heat. However, some of the most promising research focuses on improving petroleum itself. The U.S. may

someday be able to use a type of crystal grown on the International Space Station (ISS) to extract more gasoline per barrel of oil than it ever has before.

\*Legal problems may be a lot easier-and less expensive-to solve for many people now that lawyers are getting technological help to do more in less time. One such aid is a new Web site for legal professionals featuring simple graphics and industry-specific content. It delivers information about products and services for the legal industry, such as what are called extranets, or secure Web sites. They let lawyers post documents and other data online and selectively share information with clients, co-counsel, and so forth. More information is at [www.hp.com/go/legal](http://www.hp.com/go/legal) and [www.hp.com/sbo/services/netdocuments.html](http://www.hp.com/sbo/services/netdocuments.html).

\*Today's 1.6 gallon low-flush toilets were mandated by federal law in 1992 as a way to conserve water. Some consumers were dissatisfied with the inefficiency of low-flush gravity toilets. These problems were solved when one plumbing company came up with a vacuum-assisted flushing system called the Vacuity Whisper-VAC.

\*There are a few things in a garden that you may not want to encourage to grow-and these include the mold, mildew and bacteria that cause stains and odor and can shorten the life of your garden hose. Fortunately, there's a hose that features antimicrobial protection to inhibit the growth of these unwelcome garden guests. The Outdoor Inspirations brand of garden hoses feature Microban® antimicrobial protection and are molded from 100 percent prime resins.

\*One area of the home where universal or user-friendly design can make a big difference is the bathroom, say experts at Delta Faucet Company. A few subtle improvements can make a big difference toward enhancing overall safety and convenience for everyone, regardless of age or physical condition. For example, Delta offers a selection of ADA-compliant lever faucet handles that can be operated with less than five pounds of force. Electronic faucets, such as the Delta e-Flow automatically turn on when an individual places his or her hands under the spout. For more information, visit [www.deltafaucet.com](http://www.deltafaucet.com) or call 1-800-345-DELTA (3358).

\*Computers have dropped dramatically in price during the last decade. For example, the HP Compaq Presario 6300US, priced at \$399, contains a 1.4 GHz processor, 128 MB SDRAM, 50 GB hard drive and CD-ROM. A generation past, computers with only a 477 megahertz processor and scant 64kb of memory cost nearly ten times that much. Today's wristwatches, cell phones, and personal digital assistants often feature more power and memory than those early PCs. In addition to shopping and home office use, PCs now work with home entertainment, security, telephone and photo systems to become the backbone of household management.

\*One way to deter identity theft is to monitor your credit history, say the experts. One way to do so is with technology. A number of today's security tools automatically monitor credit standings and inquiries made about credit histories. For example, Privacyguard provides members with an accurate and easy-to-understand summary of their credit reports from the nation's top three credit reporting agencies.

\*The majority of home fires occur during the colder months. The American Red Cross alone responds to more than 68,000 disasters each year, most of which relate to fires that occur in the home. A recent survey sponsored by Duracell concluded that only 42 percent of American households check their smoke detector batteries at the recommended once-a-month interval. Additionally, the National Fire Protection Association has found that, in three out of every 10 reported home fires where a smoke detector was in place, the device did not function properly due to missing, dead or disconnected batteries.

\*Conflicting news about Internet security does not always compute. Online commerce is the fastest growing marketplace on earth and online fraud accounts for less than 1.2 cents out of every dollar spent online. Yet credit card fraud is reported to be 12 times higher online than in-store and online fraud occurs four times more frequently than the "old-fashioned" kind. All technologies-from phone to Internet service-have risks that need to be managed against their business impact. The trick for business is to find a way to maintain security and a company's bottom line, say experts at the IBM Software Group.

### As a Matter of Fact

\*The artichoke is a perennial in the thistle group of the sunflower family.

\*Although generally regarded as a tree, the large banana tropical plant is really an herb.

\*Every day birds consume half their own weight in food, so the phrase *eats like a bird* is hardly accurate.

\*The ant can lift 50 times its own weight and pull 30 times its own weight.

\*The strongest muscle in the human body is the tongue.

\**Bun pup* is diner slang for a hot dog.

\**Houseboat* is diner slang for a banana split made with ice cream and sliced bananas.

\*A tiger's paw prints are called pug marks.

\*In an average day, a four-year-old will ask 437 questions.

\*There is no such thing as a sardine. Sardines are generally young herring.

\*A donkey will sink in quicksand while a mule will not.

\*Some believe the cooking term *baste* comes from the Old French word *basser* which means to moisten.

\*The Romans kept their wine in jars and covered it with a film of olive oil to prevent it from turning sour.

\*There are 293 ways to make change for a dollar.

\*The first creamery to make large quantities of butter opened in Orange County, New York in 1856.

\*At one time in China, geese were given as a present to newlyweds because geese are said to be faithful to each other.

\*The first coast-to-coast paved road was the Lincoln Highway. It opened on Sept. 10, 1913.

\*Elizabeth Blackwell received the first medical degree granted to a woman in the U.S. in 1849.

\*Although 25 percent of the people think they are allergic to foods, studies show about only 6 percent of children and one to two percent of adults have food allergies.

\*Curry powder is not actually a spice, but a blend of spices. In India, the mixture is called *garam masala*. Typically, it includes coriander, cumin, fenugreek, turmeric, black pepper, cloves, cardamom, cinnamon, and chili peppers.

\*In parts of England and the United States, the scarlet pimpernel is called the poor man's weather-glass because it closes up before rain.

\*Margaret Chase Smith was the first woman to run for the presidential nomination of a major party. She won 27 delegate votes at the Republican Convention of 1964.

\*A short phrase of organ music played at a baseball game is called a *tucket*.

\*The first states to give women the vote were Wyoming in 1869, Utah in 1870, Colorado in 1893, and Idaho in 1896.

\*The average worker bee produces one-and-a-half teaspoons of honey in a lifetime.

\*Some lobsters can live to be more than 100 years old.

\*Sauerkraut is chopped cabbage that is salted and fermented in its own juice.

\*A communication channel's capacity to carry information is called its bandwidth.

\*Mary Hebraea, an alchemist in first century Alexandria was known for her discovery of hydrochloric acid.

\*The Barbie doll was introduced in 1959. It was invented by Ruth Handler, who would go on to invent the first breast prosthesis for mastectomy patients.

\*There are nine basic cuts of beef: round, sirloin, short loin, rib, chuck, fore shank, brisket, short plate, and flank.

\*The word *boondocks* comes from the Tagalog word *bandok*, which means mountains.

\*The name of the prophet Malachi comes from the Hebrew words for *my messenger*.

\*A woman suffrage amendment to the federal Constitution, presented to Congress in 1878, repeatedly failed to pass until 1920, when women did get the vote.

\*The monkey wrench gets its name from its inventor, Charles Moncke.

\*The first American citizen to be canonized a saint was St. Frances Xavier Cabrini.

\*In 1845, Sarah Mather received a patent for the submarine telescope and lamp.

\*Bagel sales have increased 500 percent since 1995.

\*In 1890, women constituted about 5 percent of the total doctors in the U.S. By 1980, it was about 17 percent.

\*John Endicott, first governor of Massachusetts, is said to have brought the first apple trees to the colonies.



## Visitacion Valley Police Log

\*Mar. 2: 11:30 a.m., 400 block of Leland Ave., grand theft from locked auto.  
\*Mar. 2: 9:57 p.m., 400 block of Raymond Ave., burglary, forcible entry.  
\*Mar. 3: 10:30 a.m., Sunnydale & Garrison Aves., attempted homicide with gun.  
\*Mar. 4: 7:19 p.m., 400 block of Argonaut Ave., burglary of residence, unlawful entry.

## Recipe Corner

### Biscuit-Topped Hamburger Stew

1 lb. lean ground beef, ½ cup coarsely chopped onion; 1 (14.5-oz.) can diced tomatoes, undrained; 1 (12-oz.) jar homestyle beef gravy; 1-½ cups diced peeled potatoes; 1 cup carrot strips (1x1/4x1/4-inch); 1 cup frozen cut green beans; 1/4 teaspoon pepper; 1 (6-oz.) can Pillsbury Hungry Jack Golden Layers Refrigerated Buttermilk Biscuits

Heat oven to 375 F. Spray large skillet with nonstick cooking spray. Heat over medium-high heat until hot. Add ground beef and onion; cook and stir until beef is thoroughly cooked. Drain.

Add all remaining ingredients except biscuits; mix well. Bring to a boil. Reduce heat to medium-low; cover and cook 10 to 15 minutes or until vegetables are tender, stirring occasionally.

Spoon into ungreased 8-inch square (2-quart) or oval (2 1/2-quart) baking dish.

Separate dough into 5 biscuits; cut each in half. Arrange, cut side down, around outside edge of hot mixture.

Bake at 375 F. for 20 minutes or until casserole is bubbly and biscuits are deep golden brown. Makes 4 servings. *NARS*

\*Mar. 6: 10 a.m., 900 block of Girard St., burglary of residence, unlawful entry.  
\*Mar. 6: 11:30 a.m., 3500 block of San Bruno Ave., burglary of residence, forcible entry.

\*Mar. 6: 11:20 p.m., Delta St. & Arleta Ave., robbery, armed with gun.

\*Mar. 7: 10 p.m., Bayshore Blvd. & Blanken Ave., grand theft pursesnatch.

\*Mar. 10: 6 a.m., 200 block of Blythdale Ave., aggravated assault with deadly weapon.

\*Mar. 12: 11:30 a.m., 100 block of Cora St., burglary of residence, unlawful entry.

\*Mar. 18: 10:30 p.m., 3900 block of San Bruno Ave., attempted robbery with gun.

\*Mar. 19: 7:30 a.m., 000 block of Desmond St., burglary of residence, forcible entry.

\*Mar. 20: 3:30 p.m., 300 block of Leland Ave., burglary, forcible entry.

\*Mar. 22: 3:48 p.m., 200 block of Arleta Ave., attempted robbery with bodily force.

\*Mar. 22: 9:30 p.m., 100 block of Blythdale Ave., burglary of residence, forcible entry.

\*Mar. 24: 10:30 p.m., 000 block of Tioga Ave., grand theft from locked auto.

\*Mar. 26: 12:06 a.m., Brookdale Ave. & Santos St., aggravated assault with gun.

\*Mar. 26: 6:28 a.m., 3400 block of San Bruno Ave., robbery on street, strongarm.

\*Mar. 30: 1:59 p.m., 1700 block of Sunnydale Ave., burglary of apartment house, unlawful entry.

\*Mar. 30: (4:5 p.m., 1500 block of Sunnydale Ave., aggravated assault with gun.

\*Apr. 1: 5:10 p.m., 1500 block of Sunnydale Ave., aggravated assault with gun..

## From the D.A.'s Office

### Mr. Royster Returns

David Royster, a well-known figure on Haight Street, was convicted on Feb. 25 on four counts of public intoxication; three counts of being a public nuisance; and two counts of urinating in public. He was also cited for J-walking on two occasions.

The District Attorney has suggested an alternative sentencing plan whereby Mr. Router would serve consecutive sentences of 6 months on each intoxication count. The total sentence would be 2 years. He was sentenced on Mar. 4

Mr. Royster's case falls under the rubric of *Quality of Life*. To some, the charges might appear of little consequence, but these are the very crimes that plague many parts of the city and undermine both residential and business areas.

This case also suggests the enormous difficulty in prosecuting people with patterns of behavior not easily addressed by the criminal justice system.

"We are focusing on these long term, chronic offenders like Royster," said SFDA Terence Hallinan. "Our hope is that we can get them off the streets, for their sake, as well as for the sake of the public. What needs to be made clear is that sometimes these people suffer from dementia and the effects of long-term alcoholism and drug abuse, or forms of mental illness; a few days or weeks in jail then back out on the street is often not the solution. This is a problem that demands we rethink how to deal with people who may need sustained care."

In July 2001, Mr. Royster was convicted of 4 counts of public intoxication and 4 counts of being a pubic nuisance. At sentencing Mr. Royster rejected treatment and probation and received 75 days in county jail. Then just 6 weeks later he was arrested in November 2001 and found guilty of the same charges. He was given 6 months in jail.

Mr. Royster was arrested 20 times alone in 2002. The charges included being a public nuisance, disorderly conduct, assault, using offensive words in a public place, lodging without permission, being drunk, and disobeying a court order.

### Killer Convicted of Second Degree Murder

On Apr. 7, Hector Amiga was found guilty of second-degree murder. Mr. Amiga had been tried on charges that grew out of an incident on Mar. 6, 2001 in the Mission District.

The victim was Angelo Aroche, 74, who accused Mr. Amiga, 45, of scratching his car. This took place on 24 Street and Mission. An argument ensued and Mr. Aroche started to walk away. But Mr. Arriaga followed, then punched and kicked Mr. Aroche who collapsed to his knees and dropped his glasses. While trying to find them he was stabbed. His checkbook was also taken. A couple of homeless men and a passerby were later able to identify Mr. Amiga in a police lineup.

"We thank 12 citizens who saw the truth and did their duty," said assistant DA Braden Woods after the verdict.

### S.F. Roofer Arrested On Fraud Charges

A local roofing contractor was arrested Apr. 9 on fraud charges. He worked out of the same building as another contractor facing similar charges.

Young Il Kim a.k.a. Joseph Kim, 48, the owner of Noah Roofing Company in San Francisco was arrested by investigators from the San Francisco District Attorney's Office Insurance Fraud Unit and the California Department of Insurance Fraud Division.

Mr. Kim, a resident of Fremont, is charged with nine counts of violating the State Unemployment Insurance Code for fraudulently failing to make mandatory employer payments to the State

VISITACION VALLEY GRAPEVINE • MAY 2003 • 7

Employment Development Department (EDD). He is also charged with three counts of workers compensation insurance premium fraud for under-reporting his payroll to the State Compensation Insurance Fund (SCIF), which enabled him to fraudulently pay SCIF less for his workers compensation insurance policy than he should have.

Kim faces a maximum of 13 years in state prison, \$340,000 in fines, and restitution payments of \$38,000 to EDD and \$75,000 to SCIF if convicted as charged. Bail has been set by the court at \$100,000.

"Fraudulent business practices such as those alleged against Mr. Kim not only harm individual employees," said District Attorney Hallinan following the arrest, "but they also harm honest businesses that pay taxes, unemployment insurance, and workers compensating insurance premiums. As a result, those businesses cannot compete in the market place with dishonest employers."

Mr. Hallinan stressed his resolve that this kind of fraud will continue to be a high priority for prosecution.

Christie Chung, owner of 101 Roofing Inc., another roofing company doing business out of the same address is facing similar charges. In addition, Chung and two employees are charged with involuntary manslaughter in connection with the death of a worker who was not wearing fall restraints and fell to his death in July 2000.

Kim's arrest capped a lengthy investigation by the District Attorney's Insurance Fraud Prosecution unit, along with two state agencies, the Employment Development Department and the Department of Insurance Fraud Division.

## Grapevine Want Ads

**VOLUNTEERS WANTED** for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitacion Valley area. Interested persons contact Dee Smith, VVCC After School coordinator: (415) 585-2059

**A LITTLE GDES A LONG WAY.** The John McLaren Child Development Center seeks in-kind donations for our newly-created lending library children's books and magazines, small children's furniture; writing and/or art supplies, educational/cultural games or posters. I thank you in advance for your kindness and generosity! Please send all donations to John McLaren Child Development Center, 2055 Sunnydale Ave., San Francisco, CA 94134. Call 469-4519 if you would like for us to pick-up any materials.

**GRAPEVINE 15TH ANNIVERSARY ISSUE** featuring a 10-page history of Visitacion Valley is still available in limited amount. Contact the Grapevine at 467-9300. By mail, single copies are \$1 each. Send to Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

**GRAPEVINE DISPLAY ADVERTISING** now half off regular rates for a limited time. Full Page: \$75; 1/2 Page \$40; 1/4 Page \$22.50; 1/8 Page \$12.50; 1/12 Page \$7.50. Discount for three or more insertions. Call (415) 467-9300 for more details. **Want Ads:** 20 words for \$1. Extra line 50 cents. Ad and payment should be received by 15th of prior month at Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

### San Francisco City Services

ABANDONED CARS	781-JUNK
ANIMAL CONTROL	554-6364
BUS SHELTER DAMAGE	882-4949
CITY TREES (trimming)	686-2162
CRIME-STOPPERS (anonymous)	1-800-2GIVEINFO
DOMESTIC FAMILY VIOLENCE	864-4722
DPW (days) 865-2017, (nights/weekends) 895-2020	
EMERGENCY SERVICES	9-1-1
EMERGENCY SERVICES (cell-phone)	563-8090
GARBAGE SERVICE COMPLAINTS	255-3610
GRAFFITI CLEANUP (DPW)	241-WASH
GRAFFITI SUSPECT INFO	553-1603
INGLESIDE STATION (Anonymous 333-3433)	563-1603

### LELAND AVENUE RESOURCE CENTER

MAYOR'S OFFICE	564-7111
MAYOR'S NEIGHBORHOOD SERVICES	564-6110
NARCOTICS TIP LINE (anonymous)	1-800-CRACKIT
PARKING AND TRAFFIC PROBLEMS (DPT)	563-1200
POLICE (non-emergency)	553-0123
POTHOLE REPAIR	686-2100
SAFE (neighborhood watch groups)	673-SAFE
STREET LIGHTING CITY (out of order)	564-0730
STREET LIGHTING PG&E (wood poles)	683-3201
SUNNYDALE RESOURCE CENTER	586-7572
TRAFFIC SIGNALS (out of order)	550-2736
TRAFFIC ENGINEERING	554-2300
VVMS ANONYMOUS HOTLINE	281-8406

### San Francisco City Meetings

Aging 1st Wed 9 30a. Airport 1st/3rd Tu 3p, Arts 1st Mon 3p, Education 2nd/4th Tu 7p, Health 1st/3rd Tu 3p, Housing Auth 2nd/4th Th 4p, Human Rights 1st/3rd Th 4 30p, Library 1st Tu 5 30p, Planning Th 1 30p, Police Wed 5 30p, Port 1st Tu/3rd Wed 4 30p, Public Utilities 2nd/4th Tu 2p, Rec & Park 3rd Th 2p, Social Services 4th Th 9a, Status Women 4th Th 4p, Supervisors Mon 2p

**Visitacion Valley Community Center**  
**Mondays:** Senior Shopping 11 30 a.m., Tuesdays Senior Ceramics 9 30 a.m.-4 p.m., Senior Bingo 12 30 p.m., **Thursdays:** Sewing Class 9 a.m.-3 p.m.  
**VVCC Regular Board Meeting** is held on the 4th Thursday of each month at 5 p.m.

**AQUARIUMS**  
ASIAN DISCUS AQUARIUM, 130 Leland Ave., 333-0772

**AUTOMOTIVE**  
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130  
BAYSHORE SERVICE (mechanic) 2596 Bayshore Blvd., 239-5239  
CHARLIE'S GARAGE, 2550 Bayshore Blvd., 239-7450  
T.W. AUTOMOTIVE (mechanic), 2500 Bayshore Blvd., 585-8281  
VALLEY AUTO & TRUCK SUPPLY (Bill Conte), 2520 Bayshore Blvd., 239-5880

**BANK**  
BANK OF AMERICA, 6 Leland Ave., 622-4501

**BAKERS**  
CUNEO BAKERY, 96 Leland Ave., 239-6090  
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253

**BARBERS**  
DeMASI'S BARBER SHOP, 35 Leland Ave.  
THE SHOP (JB), 178 Leland Ave., 239-6709

**BEAUTICIANS**  
ANGEL COIFFURES, 5 Leland Ave., 239-9891  
BODY, SOUL & SPIRIT, 222 Leland Ave., 333-7261  
MAYMAY BEAUTY SALON, 60 Leland Ave., 337-9381  
MIZ RENAS SALON, 19 Blanken Ave., 467-3399  
NAILS BY JENNY, 50 Leland Ave., 333-6800  
WHO'S BADD, 224 Leland Ave., 657-3156

**BLIND CLEANING**  
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506

**BOARDING HOUSE**  
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693

**BOOKKEEPERS**  
AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927  
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333

**CARPETS**  
HANSAN INTERIORS, 41 Leland Ave., 333-6382

**CASKETS**  
CASKETORIUM, INC., 93 Leland Ave., 585-3451

**CHURCHES**  
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5950  
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.  
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213  
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457  
ST JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381  
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055  
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503

**CLOTHING**  
SPONA, 9 Leland Ave., 239-9631

**COFFEE**  
HAPPY DONUT, 2600 Bayshore Blvd., 469-5309  
PICCOLO PETE'S EUROPEAN COFFEE, 2155 Bayshore Blvd., 467-2442

**CONCESSIONS**  
SEAN'S REFRESHMENTS, 138 Rutland St.

**DAY CARE**  
CAROUSEL DAY CARE, 261 Hahn St., 469-5353

**DENTIST**  
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500

**DEVELOPERS**  
GENEVA VALLEY DEVELOPMENT CORP., 333 Schwenn St., 587-7895

**ELECTRICAL**  
TATE ELECTRIC (Joel Tate), 467-4657

**FLORISTS**  
IL FIORE FLOWERS, 2466 San Bruno Ave., 468-0145  
GARDEN ORNAMENTS  
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990

**GROCERS**  
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240  
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300

K.C. MARKET, 400 Wilde St., 467-3024  
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815  
M & M SHORT STOP, 2145 Geneva Ave., 585-0878  
PICCOLO PETE, 2155 Bayshore Blvd., 468-6800  
SARI-SARI FOOD STORE, 58 Leland Ave., 239-0580  
7-11, 2200 Bayshore Blvd., 468-8646  
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851  
SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506  
SUPER FAIR MARKET, 201 Leland Ave., 239-6856  
TEDDY'S MARKET, 298 Teddy Ave.  
VALLEY SUPER MARKET, 65 Leland Ave., 239-7520

**HERBS**  
SAN ON HERBS, 33-A Leland Ave., 333-7469

**HYPNOTHERAPY**  
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631

**INSURANCE**  
ROBERT LEHMAN CLTC, CMFC, 333-0850

**KITCHEN CABINETS**  
LEE CHANG INTERNATIONAL, INC., 25 Leland Ave., 333-2730 fax 333-1706

**LAUNDRY/CLEANERS**  
BAY WASH, 44 Leland Ave.  
CITY WASH INTERNATIONAL, 83 Leland Ave., 333-9467  
COIN WASH & DRY LAUNDRY, 186 Leland Ave.  
FORTY-NINER CLEANERS (David Chan), 51 Leland Ave., 239-6418  
LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412  
VALLEY LAUNDRY, 90 Leland Ave.  
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030

**LEARNING**  
J-N 1 LEARNING ACADEMY, 240 Leland Ave., 584-8555  
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907

VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320

**LIBRARY**  
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270

**LODGING**  
THRIFT LODGE, 2011 Bayshore Blvd., 467-8811

**MANUFACTURER**  
NATION WIDE PAPER, 345 Schwerin St., 586-9160

**MEDICAL**  
AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620  
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 333 Schwenn St., Appointments 715-0310  
DR. SAM HO, MD, 9 Silliman St. No. 4, 337-6135  
NORTH EAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)  
PORTOLA FOOT & ANKLE CLINIC (Dr. Omyang Patel), 2858 San Bruno Ave., 467-7500

**NOTARY**  
ROYAL PACIFIC MORTGAGE & REALTY, 46 Leland Ave., 333-4900

**ORGANIZATIONS**  
ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689  
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700  
GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwenn St., 584-4044  
JOHN KING SENIOR COMMUNITY, 500 Raymond Ave., 239-6233  
LELAND HOUSE, 141 Leland Ave., 405-2000  
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499

**PHARMACY**  
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811

**PHOTOGRAPHER**  
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620

**PLUMBING**  
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401

**POST OFFICE**  
VISITACION USPO, 68 Leland Ave., (800) 275-8777

**REAL ESTATE**  
Cathy Kline Saunders, (Zephyr Real Estate), 215 West Portal Ave., 731-5011 ex. 163

**RESTAURANTS**  
CLIFF'S BAR-BQ & SEAFOOD, 2177 Bayshore Blvd., 330-0736, fax 330-9813  
G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283  
HONG YUN RESTAURANT, 73 Leland Ave., 469-5686  
SUN FAI RESTAURANT, 30 Leland Ave., 587-2763  
LUAN FAT BAKERY, 110 Leland Ave., 585-1167  
RUSSIA HOUSE, 2011 Bayshore Blvd., 467-0252  
SHIREL'S SOUL FOOD, 107 Leland Ave., 239-5141  
TWO JACK'S RESTAURANT (seafood and burgers), 167 Leland Ave., 337-0433

**SELF-DEVELOPMENT**  
DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist), 467-7608

**SERVICE PROVIDERS**  
THE VILLAGE, 333 Schwenn St., 239-5045  
VISITACION VALLEY BILINGUAL EDUCATION, SUPPORTIVE SERVICES & TRAINING (VVBESST), 120 Leland Ave., 586-7347  
VISITACION VALLEY COMMUNITY CENTER (VVCC), 50 Raymond Ave., 467-6400  
VVCC CHILDREN'S PROGRAM, 161 Leland Ave., 586-6998, fax 585-8027  
VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VVJET), 333 Schwenn St., 239-2866

**SIGNS**  
SMITH'S SIGNS, 153 Leland Ave., 333-2700

**TAVERN**  
THE CLUB HOUSE, 25 Blanken Ave.

**VIDEO**  
SIN FUNG VIDEO, 144 Leland Ave., 586-1038

## Visitacion Valley Business Directory

Valley business and organization free listings in the 415 area code. Call the Grapevine at (415) 467-9300.



## Spreading Support for Personal Social Security Accounts

by Peter Ferrara

For many years now, the official Annual Report of the Social Security Board of Trustees has made a powerful case for fundamental Social Security reform. The 2003 Report, released on Mar. 17, adds further to that case.

The report once again shows a dramatic long term financing crisis in the program. This year's report highlights that the program's annual financial deficits are continuing to widen at the end of the report's 75 year projection, and that this will continue indefinitely into the future. Even during the 75 year period, however, the program's projected cash deficits are over \$20 trillion.

Moreover, the report does not adequately take into account the prospects for much longer life expectancies during the next century due to advanced, high tech medicine. Substantially increasing the number of retirement years will greatly increase the program's benefit obligations and long term deficits.

Even without that, however, the report still shows that under intermediate assumptions paying all promised benefits to today's young workers would require raising payroll tax rates by around 50 percent, from a total of 12.4 percent today to around 19 percent. Under so-called pessimistic assumptions, which allow more scope for increasing life expectancies, payroll taxes would have to rise by around 100 percent, growing to a total levy on wages of about 25 percent.

### Bogus Medical Discount Plans Can be Bitter Pill

No doubt about it - medical costs are rising. So it's no wonder that fraudulent telemarketers have turned to promoting medical discount plans as a new way to bilk unsuspecting consumers. The Federal Trade Commission (FTC) wants consumers to know that promoters of bogus medical discount plans and cards are doing just what they always do: following the headlines to take advantage of consumer vulnerability.

In this case, the FTC says, the fraudulent telemarketers are perpetrating an "unauthorized billing" scam on people who are simply trying to save a buck. The FTC has filed suit against several companies that claim to offer consumers medical discount plans and cards and then bill their accounts for hundreds of dollars whether or not the consumer wants the plan or card.

#### How the Scam Works

According to the FTC, fraudulent telemarketers are offering consumers a healthcare discount plan that supposedly will generate savings on prescription drugs and dental, vision, hearing, chiropractic, and nursing services. As part of their pitch, they lead consumers to believe that they're affiliated with the consumer's insurance company, financial institution, or state government. The agency says consumers often can get these benefits on their own for free or at minimal cost.

The tip-off to the medical discount rip-off comes when the promoter asks the consumer to "confirm" some personal financial information, like a credit card or checking account number. The FTC says the promoters do this in an effort to convince the consumers that they're simply verifying information they already have. That's not the case. Indeed, says the FTC, once the fraudulent promoters have a consumer's account information, they use it to make money by placing an unauthorized charge or debit on the consumer's account.

#### Protect Yourself

The FTC advises consumers not to give out personal information - including financial information like credit card or bank account numbers - on the phone or the Internet unless you're familiar with the business that's asking for it. Not only can scam artists use the information to bill your accounts without your permission, but they also can use it to commit identity theft and other types of fraud. If you think a telemarketer has tricked you into revealing your credit card or bank account numbers, call your bank or credit card issuer immediately to block any unauthorized charges.

But this is not even the biggest problem facing the program. The biggest problem is that even if all the program's benefits are somehow paid, it will still be a poor deal for today's workers. Taxes are already so high that even the promised benefits represent a very low real return for most of today's families of around 1-2 percent or less. For many, Social Security promises the family a zero or even negative return. This is like paying the bank to hold your money instead of getting interest.

With real long term returns of 7-8 percent on corporate stocks and 3 percent or more on corporate bonds, no wonder today's workers would likely see far higher returns and benefits by saving and investing their payroll taxes in a fully invested personal account. Average income families can accumulate one half to one million in today's dollars through such accounts over their working years, paying no more into them than what they and their employers already pay for Social Security retirement benefits. Such accounts would pay these workers 2-3 times what Social Security promises but cannot pay. This can all be further documented by examining the Social Security calculator at the Cato Institute website.

The same problems afflict low income workers and disadvantaged minorities. A pathbreaking study from the Heritage Foundation showed that because African-Americans have lower life expectancies on average they receive an even worse deal from Social Security. The study calculated that a single black male born in 1970 could expect a real return from Social Security of negative 1.5 percent, even if all promised Social Security benefits were somehow paid. The return for an average income two earner African-American family with children was effectively 0 percent (0.15 percent).

The public now fully recognizes these intractable problems. The latest Zogby poll showed the public supporting a personal account option for Social Security by an astounding 68 to 29 percent. Polls have now consistently shown such

support going back almost 10 years.

This public opinion was born out in last year's elections. Supporters of modern personal accounts were fiercely attacked by the reactionary Left. But as Zogby summarizes the results, "In every race where Social Security was a major issue, the pro-account candidate won."

What is not well recognized is that this support is now breaking out among liberal grassroots groups and leaders as well. In the Zogby poll, Hispanics supported a personal account option by 72 to 28 percent, union households by 64 to 34 percent, and African-Americans by 58 to 39 percent. Even Democrats as a whole supported it by 56 to 40 percent.

Moreover, on December 3, no less than Bill Clinton told the Democratic Leadership Council the following in regard to Social Security reform, "one thing you could do is to give people one or two percent of the payroll tax, with the same options that Federal employees have with their retirement accounts; where you have three mutual funds that almost always perform as well or better than the market and a fourth option to buy government bonds, so you get the guaranteed Social Security return and a hundred percent safety just like you have with Social Security."

Then, a week later on December 9, even the Washington Post editorialized as follows, "So it makes sense to consider the merits of a pension system in which at least a part of the money that ordinary workers pay into Social Security is invested in the private sector. The return on capital investment is higher, historically, than the growth in wage levels that support the payroll tax.... It should not be taboo to discuss a system that might provide the poor, in particular, with higher benefits in old age, and that would encourage saving in a country that is notoriously bad at it."

What is needed now is a truly progressive reform proposal that delivers on the promise of personal accounts to the benefit of working people and disadvantaged minorities across the board. Stay tuned.

Peter Ferrara is Director of the International Center for Law and Economics in Fairfax, VA

## Dancing in the Springtime



Couples got a chance to showcase their steps on Apr. 17 during the Senior Springtime Dance at the Visitacion Valley Community Center gymnasium.

### New Plan to End City's Aggressive Panhandling

Supervisor Gavin Newsom announced his plan on Apr. 1 to launch a ballot initiative aimed at ending aggressive panhandling.

"We need to replace the patchwork of old laws with a comprehensive plan to address the crisis of panhandling," Newsom said. "The laws need to be clear, comprehensive and consistently enforced."

Newsom says his plan is a realistic approach to reducing aggressive panhandling by:

- \*Banning panhandling on public transit, on median strips, on roads and highway ramps, near ATMs, and in parking garages.

- \*Decriminalizing panhandling by reducing the charge from a misdemeanor to an infraction and diverting violators who are substance abusers into screening and treatment programs.

- \*Developing a basic needs in-lieu

of cash pilot program called San Francisco Cares.

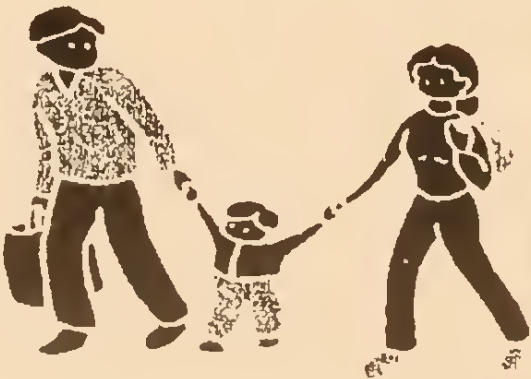
\*Repealing a law passed in 1938 that makes all panhandling illegal in San Francisco. (The law has been deemed unconstitutional and unenforceable.)

"Panhandling is a public health crisis," added Newsom. "Those who violate the panhandling ordinance should be directed to the public health system - not the criminal justice system."

Newsom's plan includes a San Francisco Cares pilot program modeled after a system pioneered in Berkeley.

This program allows citizens to purchase basic needs coupons that can be given to panhandlers in-lieu of cash. The coupons allow panhandlers to redeem food, clothing, medicine and other basic necessities.

## United We Stand! / Estamos Unidos!



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